

11-7-2005

## The Chanticleer, 2005-11-07

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# The Chanticleer

Volume 42, Issue 13

Student-Produced Newspaper

Monday, Nov. 7, 2005

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## Coastal begins Sustainability Initiative

by Anne-Marie D'Onofrio  
Editor-in-Chief

With the introduction of the Coastal Carolina University Campus and Community Sustainability Initiative, the university is striving to become a more environmentally friendly institution. The Initiative was introduced to the public on Wednesday, Oct. 26 by university president Dr. Ron Ingle, and Dr. Dan Abel, associate professor of marine science and director of the Initiative.

Abel defines sustainability as "using resources today at a pace that does not compromise the ability of future generations to use those resources. It very simply means an unselfish lifestyle."

The Initiative has three main goals, according to Abel.

The first is to serve as a resource to all aspects of campus operations, from dining to landscaping, to construction, to purchasing.

"[We want to] lower our environmental impact, enhance the biodiversity of the campus, improve indoor air quality and just make the campus a better place to live and to work and to learn," said Abel.

The second goal is to incorporate sustainability across the curriculum, as professors see fit. The third goal is to be a resource to the community on sustainability issues such as sustainable building practices that save energy and money. Such efforts would help Coastal become a more "green" campus.

"A green campus recognizes that resources are limited and so uses

resources at a sustainable level," explained Abel. "[It] means we practice energy conservation, will recycle, we'll use lower impact building materials and supplies, we won't waste water, we'll use paints that don't give off emissions, we will value our biodiversity," said Abel. "It means minimizing our waste and lowering our total environmental impact."

Abel explained that all products start out as a natural resource, often thousands of miles away. He said that the Initiative would like to promote the use of more local resources and foods, as well as more renewable products.

"A green campus has to teach sustainability as part of its core curriculum and values," stressed Abel.

These ideas have developed into the Initiative within the past year.

"It went very quickly," said Abel. "It was at the end of the spring semester last year. We were meeting to try to include sustainability into the long-term plan of this institution and I urged us to have a sustainability office."

While the Initiative came about quickly, sustainability is something that Abel has been considering for quite some time.

"[Sustainability] is something that I've been thinking about for 10 years now since when I was first introduced to the idea of sustainability, but the timing is just now right," he said.

Abel has recognized many faculty and staff members as supporting or helping with the Initiative. Among those recognized, he said that Susan Libes, professor of marine science, has played a significant role. Others include Ingle;

university provost, Dr. Peter Barr; vice president for administration, Dr. Richard Weldon; executive liaison, Sally Horner; and vice president of university relations, Dr. Eddie Dyer. The Center for Marine and Wetland Studies, as well as the Jackson Family Center for Ethics and Values, has also been supportive of the Initiative.

"The entire Coastal community is supporting us so far, which is the way it should be, because this is an inclusive type of initiative and is not going to work unless all parts of the campus community work together," said Abel. "It's starting slowly, but students are already interested. Paul Olsen's graphics class is working on [designing posters for] a recycling campaign."

Abel feels that the Initiative is a program that will interest most people because it simply makes sense.

"I think the buy-in is going to be easy on this campus because it makes sense on almost every single level—economic, environmental, educational and social," said Abel.

Abel is looking for student involvement with the Initiative, and urges anyone interested to contact him. There is a budget allowing for students to be hired to work on campus and in the community.

"When word gets out, this will be a student-focused activity," Abel said. "Anything we do on this campus should be focused on students, and for a good reason."

Direct involvement with the Initiative is not required for members of the campus or community to help with sustainability. A more sustainable lifestyle requires attention to daily activities, many of which can be adjusted  
see SUSTAINABILITY, A2

Dr. Dan Abel introduced the Coastal Carolina University campus and Community Sustainability Initiative on Wednesday, Oct. 26. Press photo

## Multi-use Campus Card is coming

by Michael O'Toole  
for The Chanticleer

Coastal students and faculty will soon have a "Campus Card" to replace the current ID card. The desire to remove Social Security numbers from public view helped spawn the change, but there are also plans for the card facilitating some financial transactions and student access to buildings. The expanded role of the card beyond mere identification explains the name of Campus Card, which is being developed by Regina Lee in University Receivables.

The current ID cards date back to arrival on campus of Aramark, the food services vendor. It needed a mechanism for managing student food services. A campus identification card was really an added benefit. As the university has grown, however, so have a variety of administrative needs, and these have given rise to the concept of a Campus Card.

The time frame for the conversion depends on the arrival of the software and the related computer equipment, which is expected within the next few

weeks. Implementation and training will occur during November. Current plans, which are always subject to change, are for the new cards to be printed and distributed in late November or early December. Most will use existing photographs. The transition and testing phase should be completed during December, with the new system being operational for the new semester.

There will be no charge for the first Campus Card. There will be a charge, however, for replacement cards. While the exact price has not been determined,

the increase in sophistication and expense of producing the card will be factored into that replacement fee.

During this planning phase, opinions are being sought from faculty and staff, regarding what they would like the cards to do. Students' opinions are also wanted, and they may be conveyed to either Regina Lee in the Singleton building or Michael O'Toole in the ID Office in Antheneum Hall.

insideNEWS

Pi Kappa Phi  
fraternity to  
celebrate 10  
years

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insideSQUAWK

Gobble Gobble:  
It's turkey time

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insideSPORTS

Chants defeated  
VMI Keydets at  
Homecoming  
game

>>page B11



**SUSTAINABILITY, from A1**

with little effort.

"Look at your own habits and activities and use less energy and water and fewer disposables," Abel explained. "Consume less stuff. It is all about cumulative impact. What one person does may seem insignificant, but what 7500 students do on this campus is significant. Recycling is a no-brainer. If you're not recycling you're being irresponsible, but we want to make it easy to recycle on this campus."

Benefits to the university by having this Initiative include energy upgrades in the Coastal Science Center that will save

\$75,000 each year. These upgrades were designed by Ronald Gardner and Thomas Mungo, both of Facilities Planning and Management. Trixie Harrington, of the same department, has provided additional help.

Abel is excited about the Initiative and the outcome of it, but also looks forward to a time when the Initiative is no longer needed.

"I would like to see such a culture of sustainability on campus that we no longer need an initiative—that sustainability is incorporated into every activity that this university does."

Until that day comes, Abel will con-

tinue to work in conjunction with campus and community members to make Coastal a more environmentally conscious institution.

"I care passionately about sustainability," expressed Abel. "I wake up every morning with a renewed commitment to transforming wasteful practices into sustainable ones."

For more information regarding how to become involved with the Coastal Carolina University Campus and Community Sustainability Initiative, contact Dr. Dan Abel at [dabel@coastal.edu](mailto:dabel@coastal.edu).

## Pi Kappa Phi to dedicate bell tower

by Alisha Barnes  
Staff Writer

### History of Pi Kappa Phi

More than 250 years of leaders, scholars, athletes and citizens have been shaped and built by the fraternity experience, and the Phi Kappa Phi Fraternity is the leading member of the legacy. The fraternity was founded as Nu Phi (non-fraternity) in Charleston, S.C. in the 20th century, and has continued to grow into a nationwide brotherhood of more than 80,000 men. On more than 132 campuses across America, Pi Kappa Phi has broadened its commitment to building men who are leaders by choice.

This fraternity has a national magazine called "The Star & Lamp," which is published quarterly and has been distributed to all of its members since 1911. The magazine serves as a permanent record and archive, documenting the life of the fraternity.

Pi Kappa Phi has received many awards and honors since its establishment. It is the only men's organization to receive an award from the National Organization of Women (NOW), also the first fraternity to win the North-American Interfraternity Conference (NIC) "Award of Education" in consecutive years, and the only fraternity to have raised over \$6 million for a single charitable organization. That charity is Push America, which is the fraternity's own national outreach project. The mission statement of the Pi Kappa Phi fraternity is "We will lead."

The gift from the Eta Pi Chapter Alumni of the Pi Kappa Phi Fraternity

The Eta Pi Chapter was founded in November of 1995 at Coastal Carolina University and has about 140 initiated brothers. The Eta Pi Alumni Chapter was founded in November of 2000 and has about 25 members.

Thoughts of a gift that could be presented to Coastal in honor of the student leader that was responsible for starting the fraternity on campus began in 1999 by a member of the Pi Kappa Phi Fraternity Alumni Chapter. By 2000, the alumni group officially voted to pursue the idea of building the bell tower. The project was later named the "Chad M. Beaty Bell Project" by the Alumni Chapter.

Chad M. Beaty was Student Body Vice President and Delegation Chair to the South Carolina Student Legislature before his untimely death in a car accident in 1994. Beaty was initiated as a Pi Kappa Phi at Clemson University before he transferred to Coastal and began an effort to start a chapter of Pi

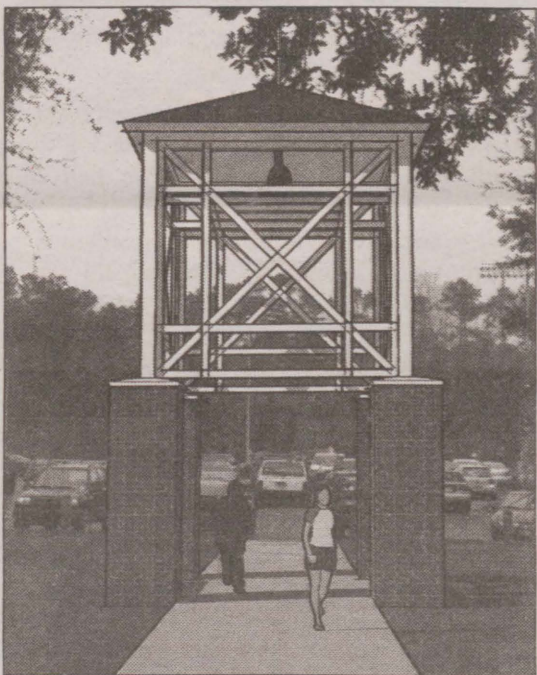
Kappa Phi.

The bell that will be dedicated is a bell that was found in West Columbia. It was made in 1893 and was originally owned by a church in Charleston. The connection to the city in which the national fraternity was founded was of interest to the Pi Kappa Phi alumni. In order to completely fund the project, \$30,000 must be raised.

In 2005, the CCU Board of Trustees voted to accept this gift from the fraternity. On Nov. 12 the alumni, along with friends and other invited guests, will dedicate the bell that will be placed in the Chad M. Beaty Bell Tower. Construction is planned to begin in the summer of 2006.

"The 10th Year Celebration is a very special event," said Dave Myroup, Pi Kappa Phi alumni. We have Brothers traveling from as far as Las Vegas and Michigan to join in the celebration. This event not only marks our 10 year anniversary, but it is

a celebration of accomplishment over those 10 years. The Eta Pi Chapter is known for producing great campus leaders who go on to be very successful in



## Performing Arts Calendar

\*Tues., Nov. 8: Steve Bailey in Concert; 7:30 p.m., Wheelwright Auditorium

\*Wed., Nov. 9 to Sat., Nov. 12 at 7:30 p.m. and Sun. Nov. 13 at 3p.m.;

Play, "Baby with the Bathwater;" Edwards Humanities Black Box Theatre

\*Thur., Nov. 10: The Words to Say It: A reading by Paul Allen; 4 p.m., EHFA Recital Hall, Room 152

\*Thur., Nov. 10: Saxophone Ensemble Concert; 7:30 p.m., EHFA 152

\*Mon., Nov. 14: Faculty Flute Recital featuring Amy Tully; 7:30 p.m. EHFA 152

\*Wed., Nov. 16: Pop 101 Concert; 7:30 p.m., Wheelwright Auditorium

\*Fri., Nov. 18: CCU Marching Band Finale Concert; 7:30 p.m., Wheelwright Auditorium

More information at [coastal.edu/calendar](http://coastal.edu/calendar)

their chosen careers.

He added, "These guys are my extended family. We went to school together, built a friendship through the fraternity and are now watching each other move into good careers, get married and have children. I look forward to the years ahead with these guys and I hope future brothers can build strong friendships that last a lifetime."

Design idea of Pi Kappa Phi proposed bell tower.

## Coastal Carolina University Greek Life

### Greek Briefs

#### IFC Fraternities

**IFC Philanthropy Week** - November 6-12, 2005. This week's events will benefit the relief efforts of Hurricane Katrina in Louisiana and the surrounding area. More detailed schedules will be posted around campus.

#### NPHC Fraternities and Sororities

**Health Week** - NPHC's Health Week will be held November 7-11, 2005. Come out and show your support!



For More Info  
Contact

Office of Greek Life  
Student Center 206F  
349-2336

#### NPC Sororities

**NPC Pancake Breakfast** - NPC would like to thank everyone for participating in their Pancake Breakfast fundraiser. \$1300 was raised for the St. Junes Hospital to help terminally ill children.



**ATTENTION ALL STUDENTS MAJORING IN ONE OF THE FOLLOWING:**

- Art Studio
- English
- History
- Music
- Musical Theater
- Political Science
- Economics
- Biology
- Chemistry
- Physics
- Marine Science
- Mathematics
- Psychology
- Sociology

**Ever Thought About Going to Graduate School to Get Your Master's Degree?**

Coastal Carolina University Spadoni College of Education currently offers a nationally certified Master of Arts in Teaching program (M.A.T.) and Initial High School Teacher Certification in grades 9-12 for anyone majoring in the subjects above.

If you would like to learn more information about this program, come to:

**Student Center, Rm. 208**

**Monday, November 14 at 1:00pm**

***or***

**Tuesday, November 15 at 3:30pm**

**You will be able to hear from current CCU M.A.T. students about the program and will be able to ask any questions.**

Whether you are a Freshman, Sophomore, Junior, or Senior, come to this informative session and learn about how you can start working on your Master's degree NOW by enrolling in two undergraduate education classes that will transfer to the M.A.T. Program.

If you have any further questions or cannot make the event but would like more information, please contact the Spadoni College of Education M.A.T. Program Coordinator Dr. Emory C. Helms: (843) 349-2810



## College Park issues discussed at forum

by Lauren Brajer

On Wednesday, Oct. 19 a panel representing students, police, faculty and administration answered questions and offered insights about the issues that have arisen concerning the College Park neighborhood. The students, residents and faculty that attended were searching for possible solutions to the various problems that have been building over the years, and were finally discussed at the forum.

The Leadership Development Council in conjunction with the Student Government Association thought that an event like this was necessary and planned to facilitate a discussion with the goal of creating solutions to the conflicts.

The main issue presented at the meeting was that of excessive partying. One student in the audience stated that the residents are in fact living in "College Park" and therefore should expect at least some of this type of behavior from residential students. Overall, most agreed that certain behaviors should not be tolerated. Many were concerned with parking which blocks road traffic, excessive noise and overall discourteous conduct at late hours of the evening. In general, the CCU students that attended were courteous and attentive at the meeting, listening to the complaints and considering what could be done to make the situation better.

By the end of the nearly two-hour forum, a number of suggestions had been made. One such suggestion was the possibility of a restricted party area for the students; it would involve a reason-

able end of "party time" and include a friendly police presence, though there is currently no mechanism through which this can be arranged. Mike Jaruszewicz, a student panelist, also suggested posting rules, regulations and consequences for illegal action at the specified College Park areas.

Additionally, a College Park Clean-Up was suggested. The Clean-Up was planned and took place on Sunday, Oct. 30. The Clean-Up had a positive turnout and was a way to show residents that Coastal students are responsible adults that are not just here to party.

Student Body Vice President Janet Shokal added that, "This Forum and the clean up that followed were steps in the right direction. We can grow as a University community with an atmosphere of respect if we all remember that we have a similar vision: to live in an area that satisfies our need to feel safe and welcomed."

Residents would like for the students to take responsibility for the property they own and the areas surrounding the University. If you have any other solutions and/or suggestions pertaining to the events in College Park please, voice your opinions at either SGA meetings on Mondays at 3:00 p.m. in Wall 309 or in the Leadership Development Council on Thursdays at 5:30 p.m. in Student Center room 208. In order to create a positive image for this University, it is important for all students to take responsibility for their actions and become more involved and aware in community life.

## Job Talk

by Mollie Fout  
for The Chanticleer



What are the best jobs to pursue for the next five years? According to "Fast Company," a business magazine/website dedicated to helping businesses work smart ([www.fastcompany.com](http://www.fastcompany.com)) the four areas to consider are high demand, salary range, investment in education and room to be innovative or creative.

Consider these job titles: Personal finance adviser, medical scientist, computer software engineer, chiropractor, environmental engineer, biochemist and biophysicist, sales manager, epidemiologist, computer system analyst, professional athlete, business agent/manager for artists, performers and athletes, marketing manager, producer and director, actor, lawyer, advertising and promotions manager, management analyst, post secondary education administrator, financial manager, actuary, airline pilot, geoscientist, market research analyst, securities sales agent, medical and health services manager.

To learn more about these jobs visit the Career Services website at [www.coastal.edu/career](http://www.coastal.edu/career) and select Career Planning from the menu of links. Go to the Occupational Outlook Handbook, produced by the U.S. Department of Labor, and type in the job title.

ON-CAMPUS INTERVIEWS NOW UNDERWAY

December '05 graduates and May

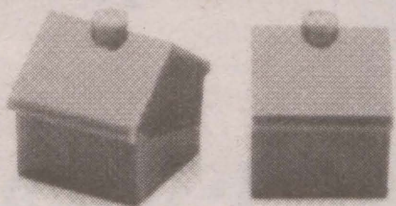
'06 graduates can still sign up for open interviews and resume drops with organizations participating in the fall session of Senior Recruitment Days. The pre-select interviews are now closed. On-campus interviews are being held at the Career Services Center and other designated locations on campus through Nov. 18, 2005. A spring semester period of on-campus interviews is scheduled for Feb. 20 through March 3, 2006.

Participating Employers: AFLAC, Blue Cross & Blue Shield, Wells Fargo, Specialty Capital, Fairfield Resorts, Walgreens, Enterprise Rent-A-Car, LURHQ, Roanoke City Schools, Mulkey Engineers & Consultants.

To participate, graduating seniors need to update their profile in MonsterTRAK, (USERNAME: Coastal email address; PASSWORD: click on the link "forgot your password" to have your randomly assigned password sent to your email address) and upload a current resume. There is a 24 hour lag time to get access to the interview schedules via the InterviewTRAK section of the MonsterTRAK system.

Jobseekers should also review Job Listings posted to MonsterTRAK and the web sites located under the Job Links item on the Career Services web site to find job opportunities locally and throughout the nation. For assistance with job searches contact the Career Services Coordinator in your academic college.

See MonsterTRAK Classifieds in this issue of The Chanticleer for available jobs.



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# Squawk!

Monday, Nov. 7, 2005

B1

## Squawk! Question: What's your favorite turkey day food?



Dom Eubanks- "Pumpkin pie"

Felecia Mebane- "Macaroni and cheese and sweet potato pie"



Andrea Rudder- "My grandma's macaroni and cheese"



Garret Gibbins- "TURKEY!"



Jenee Pulice- "Stuffing"



Shannon Mulvaney- "Stuffing"

Ryan Sparrow- "Black olives"



## Coastal students 'raced for the cure' in Charleston

by Amanda Fanean  
Staff Writer

The sun was barely up, but hundreds of people were already gathered to participate in the 12th annual 5K Race for the Cure. In the dark, early hours of the morning on Oct. 22, sponsors and volunteers from all over South Carolina gathered in preparation for the event. Individuals, families and group teams came in their pink and white, all with stories to tell. Wearing memorial shirts and signs in support of those who have survived, passed away or are living with cancer, families and friends registered to walk or run the 3.1 miles in Charleston. Students from Coastal Carolina University represented



the Chanticleers at the race. Decked out in black and teal, members of the organization S.T.A.R. and Pi Kappa Phi fraternity were up with the sun to show their support.

"S.T.A.R. and Greek Life combined

for a great turnout," said Sunni Stewart, S.T.A.R. co-coordinator. "We had at least 70 people. We traveled so far to do it, so next year we're going to try to spend the night, maybe at College of Charleston. The weather was awesome and we all had a blast."

The race first began in 1983 by Nancy Brinker in Dallas, Texas with only 800 participants. Today, the Susan G. Komen Race for the Cure is the largest 5K walk in the nation with over

1.4 million people involved in more than 100 races. In addition, the Komen Foundation just celebrated its 20th anniversary in support of breast cancer awareness and education, raising money for patients, survivors and those who have unfortunately lost their battles. For more information about the foundation or upcoming events, visit [www.komen.org](http://www.komen.org).



photos by Paul Robinson

## Don't let depression get you down

by Emily Padgett Although for *The Chanticleer* "depression" is sometimes a scary word, it is a reality for many college students. As the school year becomes routine and freshmen are settling into their new lives and new schedules, some may find it hard adjusting to college life. Students can feel isolated and homesick. For many, these feelings are doubled as they adjust to being on their own and being responsible for schoolwork, deadlines, money, transportation and roommates. For many new college students, it is the first time they are living away from home and like many of Coastal's other students, home is often somewhere far from Conway.

According to Web MD Health, many times depression cannot be alleviated without proper therapy or counseling. Sometimes anxiety about an upcoming test, or stress from too many

assignments can masquerade as depression. For the average college freshman, finding proper therapy or counseling is out of the question. Financial limitations present some problems, and distance from home and family presents other problems. Luckily, tuition helps to pay for Student Counseling Services, which is available to help students' mental health and developmental issues.

Vonna Gengo, a counselor at CCU said that freshman year is a huge adjustment time for most students.

"Although [freshman year] is supposed to be the time of their life, it's also one of the scariest times of a young person's life," Gengo said. "Many of them have never had to think about what they are going to be doing."

Usually the students that have the hardest time adjusting are students that were athletes in high school.

"For many of them, this is the first time they are not competing on a regu-

lar basis and most of all they have free time for the first time in their lives," Gengo said. "This free time is what seems to get them on a path to nowhere, unless they seek help."

The center also helps students with disabilities and assures students that everyone has equal access. One of the services offered by the center for these special needs students is disability coaching, which is a weekly session with a counselor that helps students work on any area that the student feels might be getting in the way of his or her success.

In addition to disability coaching, Counseling Services offers students help by providing the following services:

- \*Personal Counseling
- \*Crisis Intervention
- \*Personal Growth and Enrichment
- \*Drug and Alcohol Education

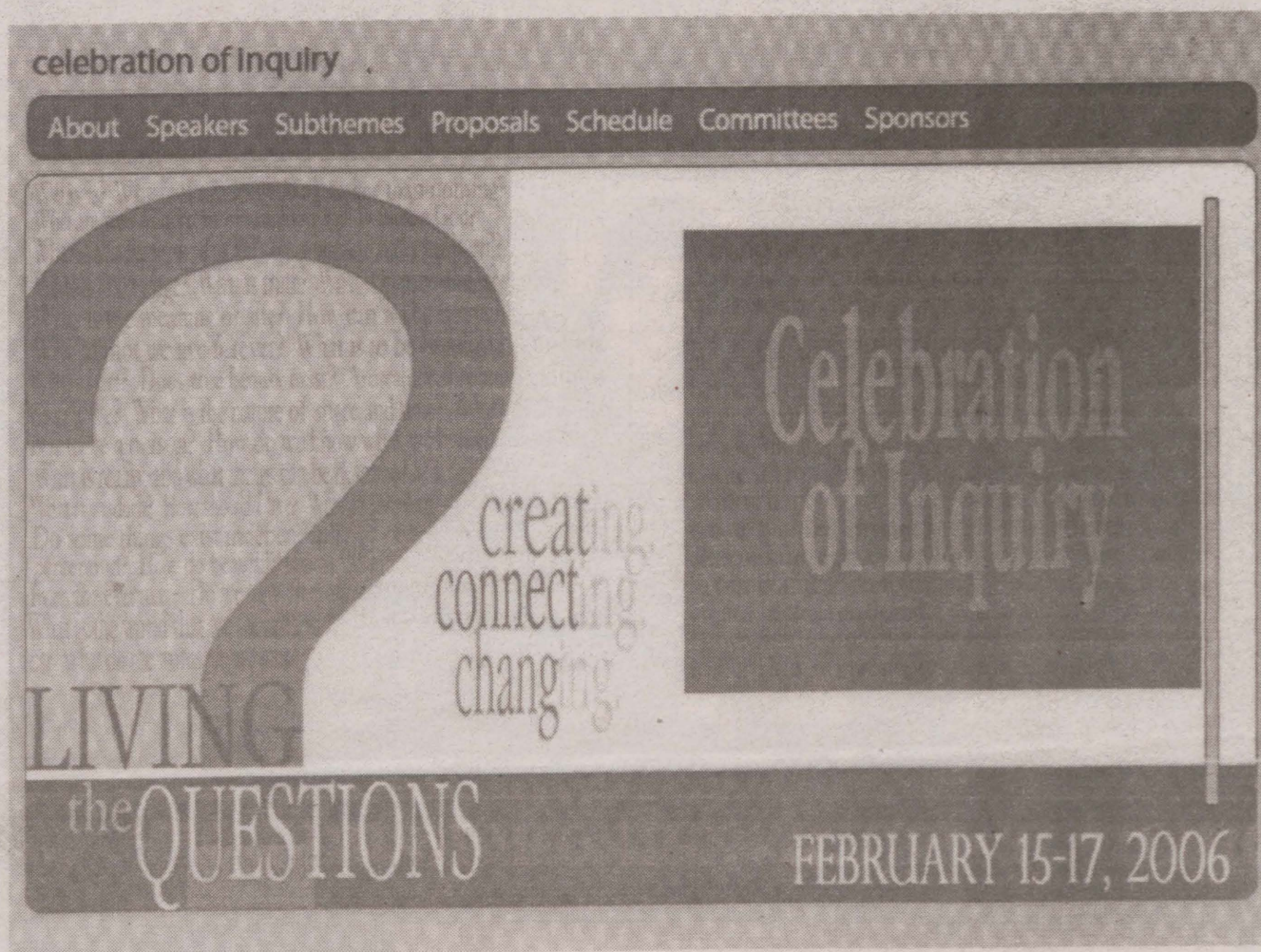
- \*Stress and Test Anxiety Management
- \*Study Skills
- \*Time Management

All counseling sessions are private and do not become a permanent part of the student's college records. The staff at Counseling Services is trained and concerned about students' health and wellbeing. It may help just to have someone to talk to each week about the different events that are going on in an individual's life. Counseling Services is free and confidential for any student who cares to use it.

For more information, contact Student Counseling Services at (843) 349-2305 or visit [www.coastal.edu/counseling](http://www.coastal.edu/counseling). Counseling Services is located on campus at 204 University Boulevard.

See related story on B5.



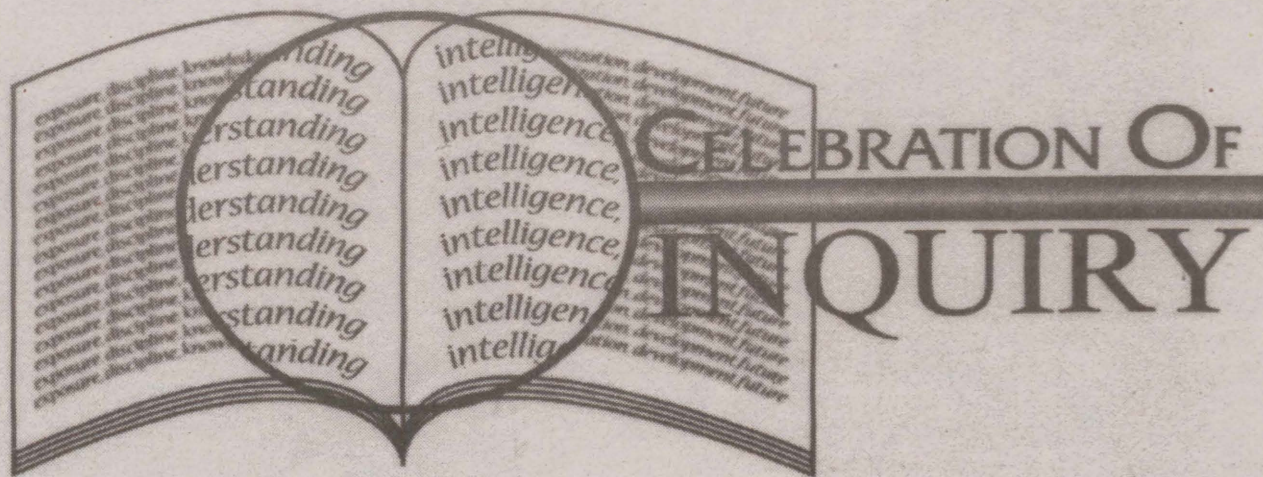


**Get involved with the Celebration! Call for Proposals.  
DEADLINE FOR PROPOSALS IS MONDAY, NOVEMBER 7, 2005.**

To learn more about the conference, visit [www.coastal.edu/inquiry](http://www.coastal.edu/inquiry).

Please visit the Proposal Forum for proposal ideas at  
[www.coastal.edu/inquiry/2006/proposals\\_forum.html](http://www.coastal.edu/inquiry/2006/proposals_forum.html)

For more information contact Prof. Carol Osborne (Education),  
[osborne@coastal.edu](mailto:osborne@coastal.edu) or Prof. Crystal Edge (Computer Science)  
[cedge@coastal.edu](mailto:cedge@coastal.edu) or Charmaine Tomczyk [charmain@coastal.edu](mailto:charmain@coastal.edu)





## Club Corner: Why Aren't You Involved?

### Ten reasons to be active in campus activities

by Caroline Smith *Staff Writer* With the drop date deadline and half a semester under your belt, you might be thinking that it is too late to join a campus organization or club.

Exams are looming before you, and stress is mounting. Relaxation is the best medicine for students right before a stressful week of exams, so there is no better time than now to try and catch up on some fun and relaxation with fellow students. Here are 10 incentives as to why you should join a club or organization, even if it is close to the end of the semester.

1. There are over 50 active clubs and organizations on campus, so there is sure to be one that you are interested in and would enjoy being a part of. (If you don't find something that appeals to you, you can easily start your own club.)
2. Clubs are always looking for more members, so you will be warmly welcomed into the club, no matter when you join.
3. There is no better way to meet new people in a college environment who share similar interests as you do, and you can't go wrong with a new face or two.
4. Don't worry about spending an arm or a leg signing up – most clubs on campus only have a small membership fee, and some of the trips and/or events they plan are funded by the budget received from the Student Government Association. Fundraisers are usually tons of fun, whether they are a car wash

or a bake sale.

5. A good amount of organizations offer free food and/or drinks at their meetings or events, and they meet at times that are generally convenient for students.
6. A few clubs travel around the Grand Strand to participate in community events and others travel throughout South Carolina to Columbia or Greenville. Certain clubs even travel out-of-state for both educational and leisure trips.
7. Club membership and participation looks impressive on internship or job resumes.
8. Joining a club or organization provides students with chances to climb up to a leadership position – a feature that is also resume-friendly.
9. Some clubs venture out into the community to help those in need, make a difference and touch lives which is an extraordinary experience for all those involved.
10. Probably the most obvious reason to join a club – to have fun. Spending time with other students is a perfect way to have fun in a relaxing environment outside the realm of studying and exams.

Go online at [www.coastal.edu/students](http://www.coastal.edu/students) to find out what clubs and organizations you would be interested in joining and for those clubs' contact information. Your college campus has a lot to offer – take advantage of it.

## IPods popular items at Coastal

by Raytevia Evans *Staff Writer* iPods have quickly become very popular on

Coastal Carolina's campus. While walking to and from classes, anyone can easily notice that many students are owners of different versions of the iPod. The iPod's symbolic white earbuds are apparent all over the campus because the small devices allow students to tune in to top hit music all through the day.

Despite the prices of iPods, many students can be seen from day to day tuning in to their favorite genres of music.

Ever the innovator, Apple has made accessories that compliment the different iPods. The list includes in-ear headphones, docks (iPod base), armbands, tubes that gives your iPod a color of your choice, and many other accessories that make having an iPod a bundle of fun.

So why switch from a portable CD player to an iPod despite the price differences? Besides having new updates in technology in their possession, students make the switch because the iPod is just more convenient.

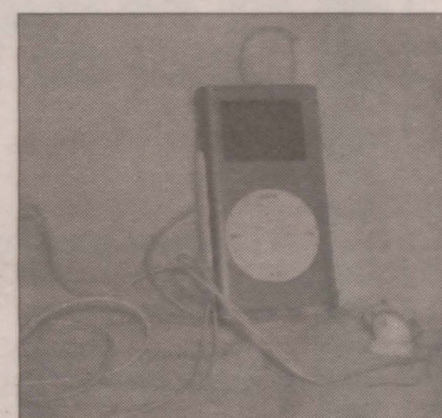
Lindsay Renolds, a sophomore on campus and an owner of an iPod nano said, "I wanted to listen to more than just 20 songs at a time. With an iPod, I can listen to dance or anything else that I want."

Some students were just tired of carrying around a huge CD case. They said that it was just too much of a hassle.

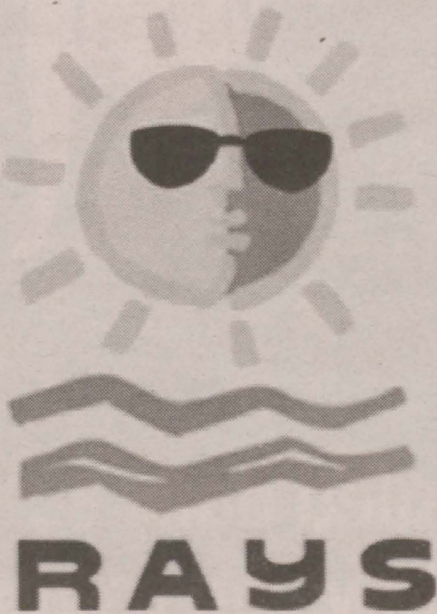
"This way I will have all my CDs with me in my iPod and I won't have to carry a big stack around," said Andy Gunter, a freshman. Obviously, the portable CD players were too much baggage because other students had similar responses.

Russ Michi, a junior on campus said, "The iPod is just easier to use than a portable CD player. All my music is at hand. I was aggravated with switching CDs."

Recently, Apple introduced a new iPod that is capable of playing everything from TV shows to music videos. Because of this new creation, students on campus may never have to worry about missing their favorite TV show.



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# Loneliness is an issue among freshmen

**by Meghan Goldfinch** A recent survey of 24 Coastal Carolina freshmen was taken on the topic of loneliness - the reasons for the emotions, and the possible consequences that loneliness had caused them. The survey showed that more female than male students have feelings of loneliness. Out of the students that struggle with loneliness, both male and female, the number one reason for their loneliness was being away from their friends in their hometowns. The number two reason was being away from their families. The number three reason was trouble with academics. The survey found that very few male or female students have sought help in the form of counseling for their loneliness, but the majority of the students feel that they have a support system away from home. The majority of both male and female students feel their grades have not been affected in any way because of loneliness.

An interview with Vonna Gengo, counselor for CCU's Student Counseling Services, revealed that all freshman students feel some degree of loneliness at some time or another.

"Students do not always recognize that they are lonely. Many times they come in my office and say things such as 'I don't like it here, I can't live with another person, I am not smart enough to

be in college,'" Gengo said.

According to Gengo, freshmen students become lonely as a result of the many adjustments that they are faced with in their first year of college. She outlined the adjustments as follows:

Coming right out of a high school schedule, freshmen students are not prepared for the large gaps of time between classes; therefore, they struggle with what to do during that time. College can be a cultural shock for many students, especially minority students. They have been pulled from their friendship circles, which are comfortable and safe, and are sometimes hesitant to make new friends. The lack of parental guidance is an adjustment for students, even though the sudden freedom can be exciting. Students must become responsible for making decisions on what to do, how much to study, how long to stay out and whether to attend classes; making these decisions can become overwhelming.

"Even though every freshman student may feel lonely at times, some students are more apt to be lonely than others," Gengo said.

According to Gengo, the degree of loneliness a student feels when going away to college stems from his or her home life. She explained that students coming from stable, strong support systems are normally very close to their families and are used to the daily support. Once they do not feel that constant

support present, the student feels a void. Out-of-state students become very lonely because their homes are normally too far away for them to drive home every time they are homesick. Many have to wait until the holidays to see their families.

"Students who come from abusive homes, or homes where alcohol is very significant, struggle tremendously with loneliness issues. Students have a difficult time adapting to a healthy and safe environment because they feel out of place without the stress. These kids want to leave so badly so they can get away from the feelings at home. Once they do leave, these feelings are taken with them," said Gengo.

Freshmen without transportation can be isolated from the college life. Because they have to depend on someone for a ride or take public transportation, it is not as easy to partake in off-campus outings or activities.

According to Gengo, there are different degrees of consequences, and many times the consequences worsen the longer the student struggles with loneliness.

"Students begin to miss classes and their grades start to drop. Some decide they cannot handle college and they go back home. As students continue to struggle with loneliness, they begin to withdraw and become isolated in their dorm rooms. Once these students who

are struggling with loneliness find a friend or a significant other, some of them emotionally attach themselves to the person and an unhealthy addictive, co-dependent relationship may form," Gengo said.

Gengo said a very common consequence of freshmen loneliness is weight gain.

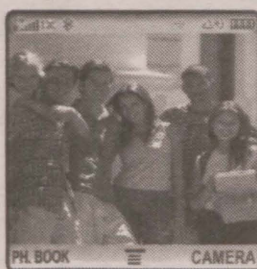
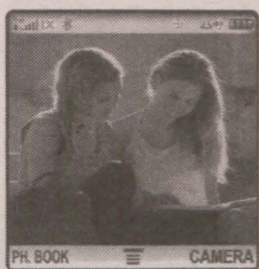
"Students use food to soothe emotional needs. This is often referred to as the 'freshman 15.' Some students go the opposite direction and avoid food, therefore an eating disorder can develop."

Alcohol use is yet another problem that may occur as a result of loneliness. Excessive use of alcohol to loosen up before the party or to not feel the feelings of isolation or loneliness can lead to alcohol abuse. In extreme cases, students may attempt suicide.

According to Gengo, each year approximately seven percent of CCU students see the counseling department due to problems of loneliness or isolation, which can lead to depression. Gengo said loneliness is not a phenomenon just for college students. People all over the world, at all ages, suffer from a feeling of isolation or depression often throughout their lives.

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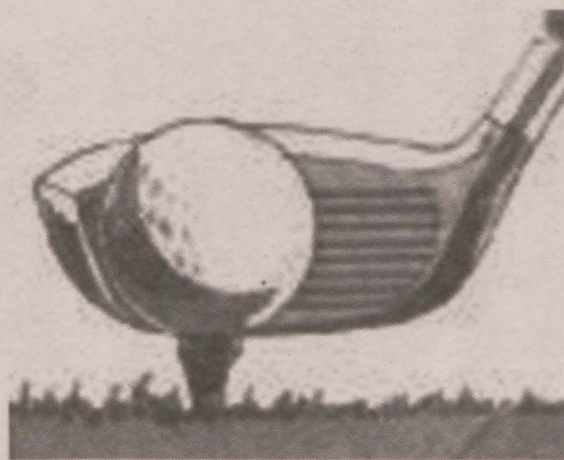
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# Gobble Gobble: It's turke



**Doug Greene, Super Senior**

*"Staying out late and drinking with friends I hardly see at our old favorite hang-out."*



**Mark Winkler, Junior**

*"My dad's side of the family all eat at my aunt's house--usually about 30 people--and watch football afterwards"*



**Reshard Durrah, Junior**

*"We have a big family football game and eat lots of crock pot macaroni and cheese."*



**Sunni Stewart, Sophomore**

*"Waking up super-early to help my mom cook the meal and eating with my brothers and family."*

*Coastal students  
shared their  
favorite Turkey  
Day traditions*



**Scarlett Zee, Sophomore**

*"We always have everyone over at our house and fall asleep after we eat."*

**Russ Douglas, Sophomore**

*"The full-contact, Douglas Family wiffleball game."*



## Hot-Butter

### Ingredients:

- 1 large
- 1/2 c. (
- 1/4 c. o
- 1/4 c. p
- One he
- 2 or 3 g

Mix together  
ham in a Zip  
deep baking  
of honey and  
Enjoy!

## Jon's-G

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Now-



# Turkey time!

## #1

Thanksgiving is a time for home-cooking. If you're doing the cooking, try some of these recipes.

### Hot-Buttered Ham

#### Ingredients:

- 1 large ham or a pre-cut side of ham from the grocer's meat section
- 1/2 c. (that's a cup) of brown sugar
- 1/4 c. orange no-pulp orange juice
- 1/4 c. pineapple juice
- One hefty drizzle of honey
- 2 or 3 generous pats of butter

Mix together the brown sugar and juices and top the ham with the mixture. Let this mixture sit on the ham in a Ziploc bag for anywhere from 12 up to 24 hours in the refrigerator. Place marinated ham in a deep baking dish and preheat oven to 350 degrees. Drizzle the top of the ham with a generous dollop of honey and the pats of butter. Bake according to directions per pound of ham for required time. Enjoy!

## #2

### Seweeeeeet Potato Casserole

#### Ingredients:

- 4 cans of sweet potatoes (or yams, if you prefer)
- 1/2 a can of sweetened condensed milk
- 1/2 c. brown sugar, divided into halves
- 1/4 c. plain sugar
- 3 tablespoons cinnamon
- 1 tablespoon nutmeg
- 3 tablespoons vanilla extract
- 1 cup chopped nuts (walnuts, pecans, anything will do)
- 1 cup mini-marshmallows

Heat the sweet potatoes—even just throwing them in the microwave will work, no frills necessary here. Mash sweet potatoes with condensed milk, c. of plain sugar and brown sugar, cinnamon, nutmeg, and vanilla. Put mixture in deep oven-safe dish and preheat oven to 350 degrees. Bake mixture for 20 minutes. Pull dish out of oven and top with the other c. of brown sugar, chopped nuts, and mini marshmallows. Now, switch the oven to "broil" setting and broil this mixture for long enough to melt and brown the top of the marshmallows—keep a VERY CLOSE eye on this or it will burn! Now...enjoy, of course.

### Jon's-Good Ole' Green Beans

## #3

#### Ingredients:

- 2 large cans plain green beans
- One big chunk of butter
- 2 cubes beef or chicken flavored bouillon

This one is really easy and really yummy. Open the can. Drain about half of the juice off the beans. Throw those beans in a saucepan with the two cubes of bouillon. Top it with the butter. Cook on medium heat for 10-15 minutes or until nice and hot. Stir the bean-bouillon-butter mixture up so that it's coated evenly. Now—you guessed it—go enjoy.

### Mama Powell's Mac N' Cheese

#### Ingredients:

- 3 large cans of Chef Boyardee macaroni and cheese (with the elbow pasta)
- 2 eggs, beaten
- 1/2 cup whole milk
- several pats of butter
- 1 cup Sharp Cheddar or Colby-Jack cheese (the full-fat kind)

This is the mother of all Thanksgiving foods; it makes Turkey look like a chicken. It can be done in a deep oven-safe dish, or even a crock-pot (see student traditions above for one crock-pot macaroni fan). Empty the cans of macaroni into the dish or crock-pot and mix with the milk, half the cheese and the beaten eggs. Bake at 350 degrees for 30 minutes, or simmer on the crock-pot's "high setting" for 1-2 hours. About 15 minutes before serving, throw the rest of cheese and the butter on top of the good stuff. Now—Oh hell, you get it.

## #4

#### Thanksgiving Recipes

Courtesy of Mama Powell and family,  
As told to Becky Powell, Assistant Editor

Editor's Note: All these recipes are college-friendly, with ingredients that can be found at any grocery store and easy-to-follow instructions. Happy Thanksgiving!



Becky Powell and Paul Robinson



## cd review: Fiona Apple's "Extraordinary Machine"

by **Caroline Smith**  
Staff Writer

Released Oct. 4 2005 by Epic Records  
Produced by Mike Elizondo

### Track Listing:

1. Extraordinary Machine
2. Get Him Back
3. O' Sailor
4. Better Version of Me
5. Tumps (the sick in the head song)
6. Parting Gift
7. Window
8. Oh Well
9. Please Please Please
10. Red Red Red
11. Not About Love
12. Waltz (better than fine)

Never has a CD been so properly titled as Fiona Apple's "Extraordinary Machine," for that is exactly what it is. After having been marinating for six years and almost being shelved by Apple herself, "Extraordinary Machine" is her best work yet. Yes, even better than her debut album, "Tidal," that she released in 1996 and that won her a Grammy Award. This CD is much more upbeat than anything one would expect to hear from Fiona Apple, and it really proves her maturity and the astounding capabilities she has to make beautiful music.

The instruments, melodies and lyrics combined on this CD exude a

sound that is unlike any other music that exists - it cannot be placed into any distinct genre of music. Each song has its own unique aspect, whether it be the instruments played (or not played), the lyrics, or the beat.

For example, the title track sounds like something you'd hear on the new Willy Wonka soundtrack but showcases powerful lyrics. The second and third songs on the album feature the typical instruments of a band (drums, bass, guitar), but are accompanied by the piano, which Apple plays herself. Several other tunes include instruments like the tambourine and marimba, where others have more of a big band feel with the trumpet,

saxophone and trombone. "Tumps" is probably the most distinct song on the album with a beat that is suggestive of hip-hop and is produced by instruments with funny names like the fuzz clavinet, Wurlitzer and marxophone.

Even if you didn't like "Tidal" or "When the Pawn," or if you have never even heard of Fiona Apple, at least check out a few songs on [www.myspace.com/fionaapple](http://www.myspace.com/fionaapple) or on [Fionaapple.com](http://Fionaapple.com). You will hear music that is truly original, thought-provoking and good.

## Classifieds

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10-23-2005	<b>ENTRY LEVEL SALES COUNSELOR - SC</b> Multiple Locations, SC	CENTEX HOMES
10-21-2005	<b>ACCOUNT REPRESENTATIVE - OUTSIDE SALES</b> Raleigh, NC	WORLDWIDE EXPRESS
10-19-2005	<b>ENTRY LEVEL LAND MANAGER - SC</b> Multiple Locations, SC	CENTEX HOMES
10-18-2005	<b>CLAIMS REP TRAINEE - MID ATLANTIC (SC)</b> Various Locations, SC	PROGRESSIVE INSURANCE
10-15-2005	<b>MANAGEMENT TRAINING PROGRAM - SC</b> National Opportunities, SC	ENTERPRISE RENT-A-CAR
10-14-2005	<b>LANDSCAPE SUPERVISORS</b> Multiple Locations, SC	BRICKMAN GROUP, LTD
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10-07-2005	<b>SEASONAL FULL &amp; PART-TIME SALES - SC</b> Various Locations, SC	RADIOSHACK CORPORATION
10-06-2005	<b>ENTRY LEVEL ESTIMATOR - SC</b> Multiple Locations, SC	CENTEX HOMES
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10-01-2005	<b>INVESTMENT REPRESENTATIVE - SC</b> Various Locations, SC	EDWARD JONES
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dame@coastal.edu. The Galapagos Islands, Ecuador professor is Richard Koesterer.  
The best way to reach him is via his email: roadkill@coastal.edu The Costa Rica (tur-  
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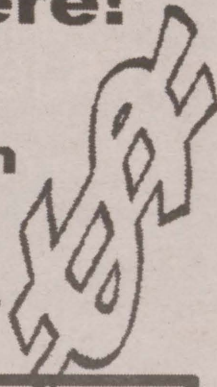
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## Lady Chants defeated Winthrop in home match

by Kyle B. Ward

Staff Writer

As the month of November rolls around it's a turning point even for the volleyball team. The Lady Chants put away UNC-Asheville, Birmingham Southern and UNC-W, all in four games.

Jennifer Hampton led the way for CCU averaging nearly 15 assists per game, which led to her Big South Player of the Week award, to end the month of October. "It was very important to win on Senior Night with all that emotion," Hampton said. "We're extremely motivated to get Winthrop and we're fired up about that."

Katherine Jensen-Spencer tallied 25 kills and 19 digs while Alicia Meyers had 12 kills and 17 digs. Freshman

Brett Starbuck contributed 12 digs.

"[Winthrop was] standing in our way, so we needed this win," said senior Kali Banghart of the game. "We've become a better team and we've been coming together. I'm gonna really remember this night."

Head Coach Kristen Bauer remarked, "They played us tough at their place, so we didn't know what to expect. They're a feisty bunch. We have to pick up our defense on their middle attack to beat Winthrop."

CCU then toppled Birmingham-Southern at Kimbel Arena. The Lady Chants had players with kills in the double digits; Jensen-Spencer led the way with 24 and would have 24 digs to make

it her 16th double-double of the season.

Hampton would pile up 64 assists in the four-game win. The Lady Panthers had been giving them fits on the blocks.

"It was great to come back, when it comes down to it, everyone wants the ball," said freshman Devon West.

UNC-W struggled from the get go as CCU scared away the Lady Seahawks in three games. Jennifer Hampton had 41 assists and eight digs. Kimble added 12 kills for the Lady Chants, while West added 10.

"Our coaches did a good job scouting their team," added Jensen-Spencer. "We've gotten better continually throughout the season. Winthrop is a beatable team, it's just a matter of who



Pictured: Devon West. Photo by Paul Robinson, art director

## Chants take the victory at Homecoming game

by Kyle B. Ward

Staff Writer

Finally, the monkey is partially off their backs. David Bennett and the coaching staff can loosen the grip on their headsets; CCU didn't need overtime to defeat the VMI Keydets 38-14 on Homecoming weekend. The win clinched at least a share of the Big South title.

"It feels great to finally get a big win like this; the defense got to them in the second half," said linebacker Maurice Simpkins.

That they did, holding VMI to only 39 yards on the ground while CCU rolled up a season high 315 yards. Tyler Thigpen had four touchdowns, three on the ground. The last score was a 77-yard run, the longest in school history.

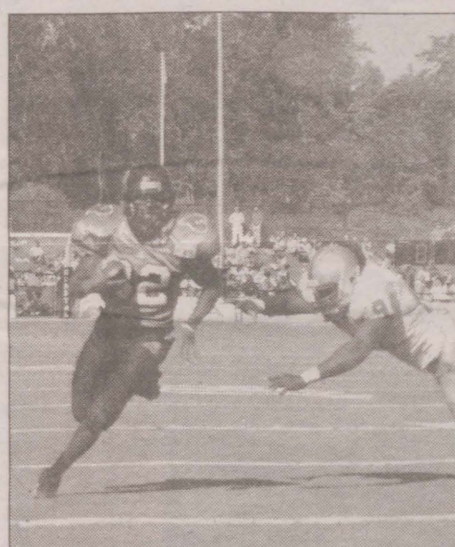
"Two words," said Bennett. "Offensive line. We just wanted a first down and Tyler took that thing all the way to the house; it was a great run."

VMI struck first, but CCU tied it up and took the lead on a Jerome Simpson catch from 20 yards out to give the Chants a 14-7 lead at the half.

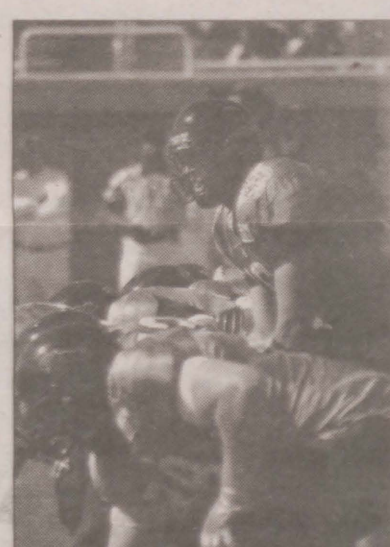
"It was a fade-9x, the ball coming inside of me and I grabbed it but he tried to snatch it away from me. Our o-line did great today," Simpson said.

The saying around the team is 'one at a time', but surely it was nice to get a win that didn't go down to the wire.

"All the backs did a good job holding on to the ball," Bennett assessed. "It doesn't matter who carries the ball. There's no I in team."



Keydet unsuccessfully tries to stop a Chanticleer. Photo by Scott Dean, staff photographer.



Chants determined to win. Photo by Scott Dean, staff photographer.

## On Notice: The latest in sports

by Kyle B. Ward

Staff Writer

First of all, I'd like to give some dap to Alan Connie and the Women's Cross Country team for winning their fifth straight Big South title. On to the matter at hand...

That November rain that falls on struggling teams tends to destroy any momentum a coach has heading into the second half of the season. For struggling teams like the Packers, Clemson Tigers and Tennessee Vols, the margin for error is as small as it can be.

With only four remaining unbeaten teams in college football, it certainly is an indicator of how hard your team has worked in their off-season. College football needs dominant programs, so saying USC is bad for the sport is preposterous. The BCS system more than less works, but why the schedule facet went out, I'm not totally sure. Playing Florida Atlantic University does not improve your standing in the top 25. There are 117 more teams choose from. Of the four unbeaten teams, only UCLA



and Virginia Tech face stiff tests in the remaining schedule. The Hokies will not lose at home this year, so they should handle Miami in Lane Stadium. UCLA still has USC to play and that should be a real barnburner.

The Indianapolis Colts still are undefeated and they face the Patriots tonight, I do believe Tom Brady is overrated and Payton Manning actually has a solid defense to back him up this season. Dwight Freeney and his spin move have energized a unit in need of a spark. There are three teams in the NFC South that leave Week 8 with 5-2 marks. They'll all beat up on each other, so realignment has helped the competitive juices flow into the league.

As football begins heating up, basketball is starting its season.

The new dress code in the NBA is a smart move, but why now? Why not a decade ago when high schoolers began to make that jump again? With a new CBA deal done, it's made parody in the league look more plausible. I firmly believe that hiring Buzz Peterson was a great decision, but I'm not sure when they'll be able to turn that corner; that

hinges on the arena getting done like it's supposed to. Having Peterson just may give the program some credibility; a second place finish would be huge for a fledgling program in need of resuscitation.

With Sheryl Swoopes announcing that she is gay, that's a huge deal. It ought to be interesting to see how the fans respond to her when the WNBA returns to action. It definitely was a PR decision made after the season to avoid distraction, but I'm sure most of everyone in the league knew. I don't see a male doing that when he is in his athletic prime, but it depends on two things: the sport he plays and how good he is.

*It's that time again...*

**Anyone that plays Temple-** Look, I'm sure Temple is a great school, but it's one of the worst programs in I-A football. The coach has quit on them, but who can blame him? They don't have the ability to effectively recruit, and it shows in the games on Saturdays. Temple should move down to I-AA and come back up when ready.

**Tennessee-** They were ranked as high as number three in most polls.

Disappointing losses to Alabama on the road and losing to South Carolina at home proves my theory. Rotating quarterbacks never works. The team isn't sure who their leader is, and that's why they are 3-4.

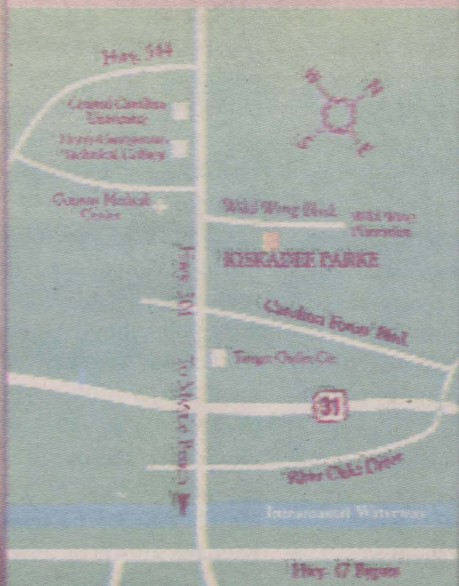
**Coastal Carolina fans-** What more does the football team have to do to pack the seats? They'll be in the top 12 in most polls, they've dominated their conference and yes, they're actually a great team. Why don't you come, to the games? Why do you leave? It's November, the ocean is not very enticing at this time of year. Quit leaving early! This isn't Knoxville so trying to beat the traffic is just another excuse. Grow up and be a fan; stay in your seats and get out here you lazy bums! This team should sell out every game.

*Kyle Ward is a junior Recreation and Sports Management major and Dramatic Arts minor.*



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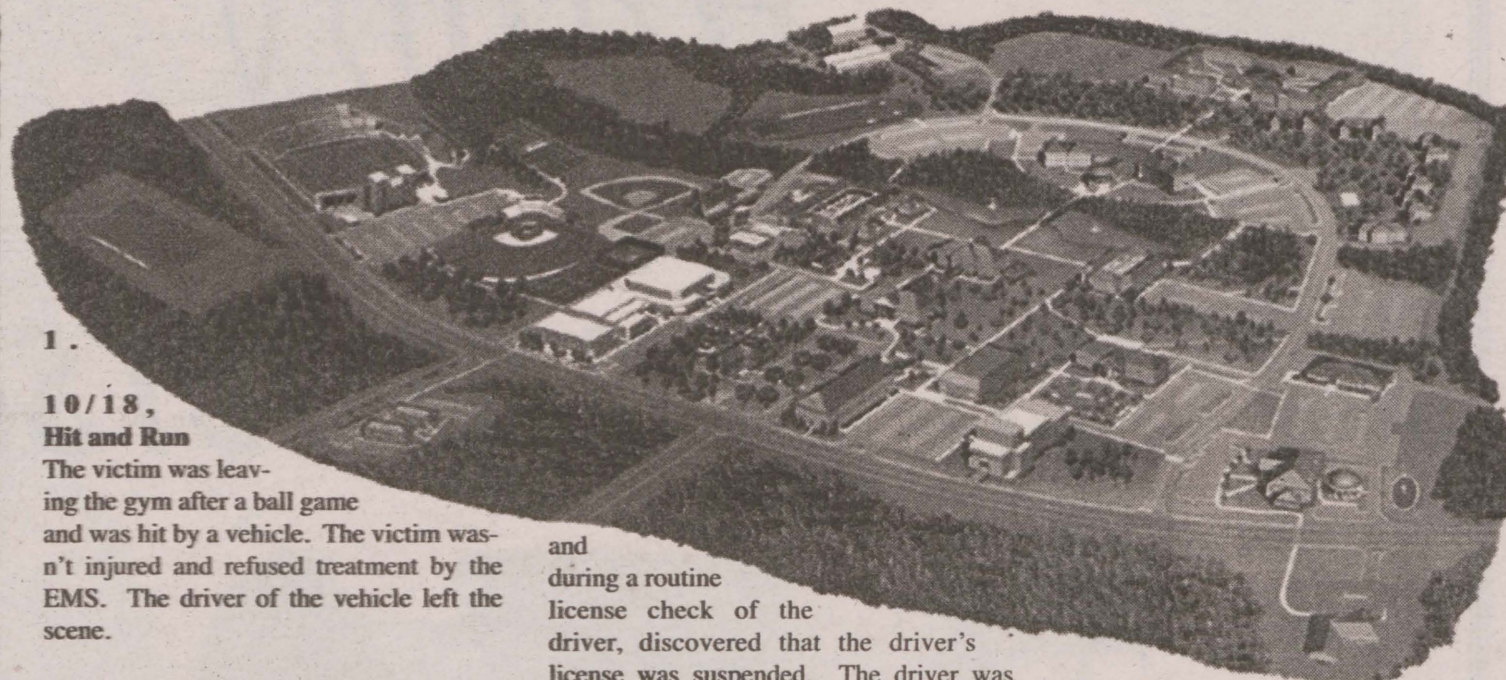
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## Crime Log



1.

**10/18, Hit and Run**

The victim was leav-  
ing the gym after a ball game  
and was hit by a vehicle. The victim was  
n't injured and refused treatment by the  
EMS. The driver of the vehicle left the  
scene.

**2. 10/19, Damage to Vehicle**

The victim parked his car in the lot and  
went to class; upon returning he noticed  
that the taillight on his vehicle was broken.

**3. 10/19, Vandalism**

The victim parked her car in the Santee  
Hall parking lot and went to class; upon  
returning she noticed that her vehicle had  
been "keyed."

**4. 10/20, Vandalism**

The victim parked his car in the lot and  
upon returning noticed that it had been  
scratched.

**5. 10/20, Larceny**

The complainant stated that someone  
entered her office in Arcadia Hall and took  
her laptop computer.

**6. 10/24, Larceny**

The victim left some clothes in a dryer in  
Waccamaw Hall and said that when she  
returned to get them, they were gone.

**7. 10/25, Harassing Phone Call**

The victim received a phone call in Oak  
Hall from an unknown black male that  
started asking her vulgar questions and  
making vulgar remarks.

**8. 10/25, DUS**

An officer responded to a vehicle being  
driven in the grass beside the Singleton  
Building. The officer stopped the vehicle

and  
during a routine  
license check of the  
driver, discovered that the driver's  
license was suspended. The driver was  
arrested.

**9. 10/26, Drug Violation/Drug Equipment Violation**

The Residence Hall Coordinator called an  
officer to Azalea Hall because of a strange  
odor in the room. The K-9 alerted at the  
door and after consent to search was given  
by the occupant of the apartment, a search  
was made and various amounts of marijua-  
na were found along with some drug para-  
phernalia.

**10. 10/26, Larceny**

The complainant stated that on several  
occasions, money has been missing from  
the cash drawer in Kimbel Library.

**11. 10/27, Traffic Violation/Open Container/Simple Possession of Marijuana**

The subject was stopped on University  
Blvd. for a traffic violation. During the  
stop, the K-9 unit arrived and did a sweep  
around the vehicle. The K-9 alerted on the  
passenger's purse, and the passenger  
admitted that there was marijuana in it.  
There was also an open container in the  
vehicle. The driver and the passenger were  
both arrested.

**12. 10/28, DUS/Traffic Violation**

A vehicle was stopped on Founder's Dr. for  
a traffic violation. It was also discovered  
that the driver's license had been suspend-  
ed. The driver was arrested.

**13. 10/29, Larceny**

The victim left his cell phone in his locker  
in Arcadia Hall when he went to practice  
and upon returning noticed that his phone  
was missing.

**14. 10/29, Larceny**

The victim parked his car in a lot on cam-  
pus and left it overnight. When he returned  
the next day, someone had taken his radar  
detector.

**15. 10/31, Hit and Run**

During the night, the victim was struck by a  
vehicle at Waccamaw Hall. The driver left  
the scene.

**16. 10/31, Vehicle Fire**

The victim's golf cart lost power in the  
parking lot. While the driver left to get help  
to tow the cart, a fire started under the seat.  
After calling the fire department, a CCUD-  
PS officer unsuccessfully tried to put out  
the fire. The fire department responded and  
extinguished the fire.

**17. 10/31, Simple Assault**

A fight was in progress at Santee Hall wher  
an officer arrived. The victim was bleeding  
around the right eye. EMS was called and  
the victim was transported to the Conway  
ER. The assailant was not identified.

Crime Log compiled from published police reports from CCUDPS

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# Viewpoints

Monday, Nov. 7, 2005

A7

## The Showdown: a battle of opinions

### Junk Food

by Ashley Taliana  
Staff Writer

Do you ever remember a Thanksgiving where the turkey was placed on the table and it jiggled because it was made of Tofu? I didn't think so. "Junk" food may not be the best thing for you, but how many people has it really killed?

Candy and sweets are innocent enough. There's nothing like a little sugar high mid-shift at work. I wait for the moments when I can delve into a Snickers Bar or a bag of Skittles. Every time I go to CVS or Wal-mart I'm a sucker for the candy at the checkout counter. That little bit of chocolate gets me through my shopping ventures and on to the next store.

I eat what I want, when I want, without any outlandish rules. I enjoy

going out to eat and don't analyze every bit of processing that has gone into the food on the plate in front of me. It's too stressful to avoid going out to eat just because there's nothing on the menu that suits a no-carb diet or some other ridiculous eating regimen. Luckily, all of my friends are on the same diet: the see-food diet. We enjoy soda and order desserts with our meals. Our group is fortunate enough to be absent of that "health-nut" type. You know the one I'm talking about: the person that dissects every item on the menu and surveys the contents of your plate by the calories it contains. They take the joy out of dining in restaurants. I salute you "health-food junkie" for being so adamant in your quest for healthy food, because the rest of us sure as hell don't have time for that.

Food is somewhat of a staple for most families, in fact it may be the only thing they have in common. Most times, food that conjures strong memories doesn't consist of veggie burgers and leafy salads. There's comfort and memories in food. Removing sugar and taste is like sucking the life out of family. Most of my family functions are memorized by what desserts were served.

I'd be a hypocrite to say I only consume unhealthy things because I still take my one-a-day vitamin and sometimes opt for low-fat mayonnaise over the regular kind, but the bus stops there. I consume hamburgers and greasy French fries, drive a gas-guzzling SUV and spend way too much time on my cell phone; sue me, I'm the epitome of an American and I enjoy every minute of it. I stand by my beliefs... at least for

now. (Get back to me in a couple of years when my metabolism has slowed, the calories don't slide off so easily and gas is approaching \$10 a gallon. Maybe I'll feel a bit differently then.)

As of right now though, I say enjoy yourself, sneak in another Kit Kat bar and skip the extra sit-ups. And when you're looking around the table on Thanksgiving wishing you were anywhere else but with Aunt Edna and Uncle "my-Fixodent-doesn't-hold-up-during-meals," smile because even though your family is unpleasant at least the food is still delicious.

Ashley Taliana is currently a junior marketing major.

### Health Food

by Becky Powell  
Assistant Editor

With all the griping that college students do about their lack of energy, weight gain, mood swings, and just plain feeling crappy, I think that one thing ought to stand out as a flashing red light as to what the problem may be. Hello? It's all the junk-food that is consumed by college kids! I understand that most of us are pressed for time and don't want to waste all our precious minutes cooking ridiculously complex meals, but there are some things that are worth the sacrifice.

As someone who used to live on

pizza, chips, chocolate, and Chinese take-out, I know firsthand what junk-food withdrawal can be like. But from my own experiences, I can also attest that once you give up fried chicken and Hershey's bars for a month, you'll feel the difference in your energy level, your weight and health, and just your general state of well-being.

It's a silly excuse for people to say that they "don't have time" to cook or eat healthy foods. It's a simple matter of choice. Should you go to McDonald's, spend your hard-earned cash on a Double Quarter Pounder, and ingest 760 calories, 48 grams of fat, 20g of saturat-

# Vs.

ed fat (that's 100% of your daily allowance, by the way)? Not including fries and a soda? Or should we all just think a little harder about our choices and maybe go grocery shopping to get stuff like vegetables, higher-quality meats and fish, and calcium-rich dairy products. I think the answer is obvious, friends.

By keeping good-quality, high-nutrition food on hand at home, the average student can drop a couple of pounds, gain some health points, and even save a few bucks. Eggs or cereal make a good breakfast choice on the go, and salad mix and soup come prepackaged for the highest convenience. You can even get

healthier food at drive-thru windows nowadays: a small chili and Jr. hamburger from Wendy's still nets 470 calories and 9 grams of fat compared to that Double Quarter Pounder. And it has fiber to keep you fuller for longer (and, ahem, regular). Sorry kids, but it's obvious: junk-food may be fast and fun, but it's much wiser to choose healthy food that costs less and keeps your whole biological system happier.

Becky Powell is a senior English major and political science minor.

## A rant of universal proportions: A message to that "cool guy" in Buick

by Becky Powell  
Assistant Editor

It occurs to me, after one too many crazed drives down various roads at CCU and throughout Myrtle Beach and Conway, that we are officially stuck. Yes, my fellow motorists and collegiate kids, we've been unintentionally enlisted in the confederacy of dunces that are Horry County drivers.

If you are among the many transplants from more well-regulated (and, ahem, well-adjusted) states like Pennsylvania, Tennessee, Virginia and Maryland, I offer to you my sincerest apologies. I don't enjoy being pasted into the left lane, behind some oblivious 16-year-old who seems permanently adhered to her cell phone, any more than you do. I also don't dig these older-than-Methuselah creeps who like to stop at green lights "just in case" someone bar-



rels through the intersection to crash into their 1956 Hoopty LS. After thousands upon thousands of equally ignorant SUV-driving soccer moms and consideration-impaired construction crews have taken hold of our roads, this is what we're left with.

But I never thought it would get as bad as it has until I had a run-in with one of the most dangerous, most inconsiderate collegiate drivers I've ever met in my life recently. If you're familiar with the crosswalk behind the Humanities building that connects to the Athletic Administration offices, you know that it can be rather unnerving to try and make it across with people waiting to drive over. Well, low and behold, there are a few Eminem wannabes left out in Chanticleer Land, as much as I'd hoped they'd gone the way of Uncle Kracker. As I attempted to cross the street behind the Edwards building just two Thursdays ago, this low-down jerk tried to whisper to me through his open win-

dow as I walked in front of his loserly "pimp mobile."

When I noticed his lips moving while he looked right at me, I stopped and asked "Huh?" He just shrugged and said "Nothing, nevermind." He then proceeded to rev his four-cylinder, dinky engine at me and then drove up behind me on the crosswalk, just barely side-swiping me. With few people watching, I guess that this jackass reject thought nobody would notice that he knocked me down. WITH A BUICK.

As I tumbled to the ground, face flat on the cement (hey, I have no shame), the rude jerk had the audacity to yell out an obscene insult at me as if I had done something—anything—to him. He then drove off towards the P.E. building, leaving me pretty stunned, and even more pissed off. If I hadn't been looking right at the sidewalk, I would have chased him down and yanked him out of the car. But since I was briefly laid out on the ground—until some very nice fel-

low students who saw what happened came over to help me—I didn't have that chance.

So consider this a message—in three aspects. First of all, to the students and staff of CCU, please be considerate of other drivers and pedestrians as well. If you're doing 70 mph in the left lane and someone passes you on the right doing 80, you're probably too slow for the left lane and ought to get the heck out of the way. Second of all, thanks to the students who were kind enough to help me off the sidewalk without laughing at me. Third, and most importantly, to that poor, lame little guy in the Buick—I don't know who you think you are, but next time we meet on that fateful crosswalk, I'll be sure to inform you of exactly where you can put the gear shift on that gold gas-guzzler of yours.

Becky Powell is a senior English major and political science minor.

## "Baby with the Bathwater" premiering on Nov. 9

by Krystin Mementowski  
for The Chanticleer

Two insane parents. A child with an identity crisis. A seductive nanny. Quaaludes and vodka. "Baby with the Bathwater" has it

all. This comedic satire by Christopher Durang is presented by the Office of Student Activities and Leadership and directed by CCU theater professor Kris Rau. Performances will take place in the Edwards Black Box Theater on Nov. 9-

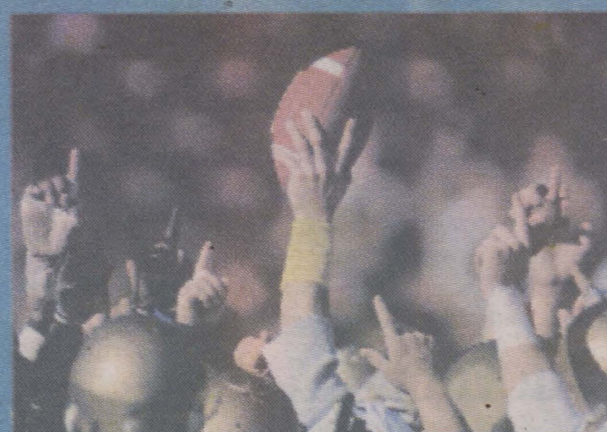
12 at 7:30 p.m. and Nov. 13 at 3 p.m. The show stars theater students Chas Fries, Krystin Mementowski, Danielle Paese, Scott Dean, Kristina Clifford, Lizz Moring, Marcie Willis, Marie Moreshead, Lauren Wall, Alex Mooney

and Emily Miller. Admission for all performances is free to all students, faculty and community members.





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